By John Babiak

Northeast Denver has had a longstanding relationship with United Airlines. The former Stapleton International Airport was United’s second largest passenger hub until the airport closed in 1995. Today, hundreds of Denver-based ground employees, pilots and flight attendants make their homes in our neighborhoods. What may not be apparent to Denver residents is the magnitude of United’s remaining presence in the Stapleton neighborhood. On a 23-acre campus surrounded by Quebec and Syracuse Streets, Martin Luther King Blvd. and 35th Avenue, is a complex of adjoining, multi-storied buildings that house the world’s largest, most United Airlines First Officer and Pilot Instructor Mark Lindelsee sits in the full-scale flight deck of a state-of-the-art Boeing 777 aircraft simulator at the United Airlines Training Facility at 35th and Quebec in Stapleton. Displayed on the cockpit windows is a video image of departure runway 28R at the San Francisco International Airport.

**DPS Teachers Write Colorado History Books**

Bill Roberts teachers Charyl Backevelt (partially obscured by hat), Suzanne Franchetti (back right), and Jamie Trumbull (not shown) were among the DPS teachers who wrote 3rd- and 4th-grade-level biographies of 13 people who influenced Colorado history. Students from Backevelt’s class dressed and spoke in the character of the historical figures at a reception at the Denver Art Museum to launch the new books. Back row left, is Betty Jo Brenner of Colorado Humanities, which helped fund the project. Shown in the middle row, left to right, are Emily Winn, Stella Rollo, Grace Staberg and Jonah Goldin-Dubois. In the front row, left to right, are Emily Redake, Sam Dugonne and David McGinnis. Story on page 24.

**School Board Election Could Change Course of DPS Reforms**

By Jon Meredith

In a very sleepy election season, the races for Denver School Board are critically important and the issues clear. This election is all about whether the board will continue the reforms started by the current board or revert to a more cautious approach to reform. The kinds of reforms that the current board has supported include the reconfiguring of Montbello High School and reorganizing other NE Denver schools. The high school was divided into four separate schools that give students more choice in their high school education. The current board passed this reform on a very rancorous 4–3 vote. That balance is at stake in this election. If the balance is changed, it may mean the board will elect a new board president and could possibly lead to searching for a new DPS superintendent.

**THE ELECTION**

The school board election will be all mail-in ballots paid for by DPS. Ballots will be in the mail by October 14 and are due by 7pm on Tuesday. (continued on p. 3)
October 2011

CALENDAR

Nearby events that are FREE and OPEN TO THE PUBLIC or are nonprofit.
(Additional events are listed on pages 16-20. Ongoing events are listed on page 16.)

OCTOBER
Every Sunday
Farmers Market 8:30am–12:30pm
Runs through October 16
The Green

Tuesday, October 4
SUN Inclusivity Meeting 7-8:30pm
Open to anyone wanting to work on diversity and inclusion in our community
Community Room at Parkside Apartments on 23rd and Syracuse
melissa@kclynn.com

Tuesday, Oct. 4 & Nov. 1
Children’s Museum: Tarpon Tuesdays
1st Tuesday nights free, 4–8pm, cmdenver.org

Thursday, October 6
Stapleton Education Expo, preschools-high school;
Swigert McAuliffe International School
3480 Syracuse St, 6-8pm
StapletonUnites@gmail.com

Thursday, October 6 & Thurs., October 20
Coffee & Conversation: Executive Board
at the Stapleton MCA Community Room*
2373 Central Park Blvd
(See page 6)

Thursday, October 7
Fundraising Meeting for Additional Programming at Stapleton Library, 8am, UUs (29th Ave Town Center)
byren@UUS.org

Monday, October 10
Denver Botanic Gardens - SCFD Free Day
720-865-3500 www.botanicgardens.org

Denver Zoo - SCFD Free Days
www.denverzoo.org 303-376-4800

Thursday, October 13
Active Minds Seminar 7–8pm
India A. Story of Contrast
Stapleton MCA Community Room

Sunday, October 16
Pumpkin Patch 8:30am–12:30pm
The Green

Wednesday, October 19
Denver Public Schools Mardi Gras H Early School, Exp. 6:30-8:30pm

Wednesday, October 19
Stapleton Community Forum
Doors open 6:30pm, forum begins 7pm
Central Park Recreation Center* stapletonrecreation@denvergov.org

Thursday, October 20
FallFest at Fletcher Plaza, MLK Library
3–5:30pm Music, games, pumpkin, treat bags, refreshments, pumpkins
1996 E Colfax Ave 303.739.7930

Thursday, October 6
Stapleton Education Expo, preschools-high school;
Swigert McAuliffe International School
1348 Syracuse St, 6-8pm
StapletonUnites@gmail.com

Monday, October 12
Police Academy Free Halloween Event
Arcade games, child ID booth, haunted house & trick or treats, 5–8pm 2155 W Alkiron Way.
To volunteer call 720-913-1925
Keva.Tiglio@denvergov.org; or
720-913-1094, Amy@hersheyevents.com

Monday, October 19
SUN Education Committee Meeting at Stapleton Library, 8am, UUs (25th Ave, 25th Ave Town Center)
byren@UUS.org

Wednesday, October 21
Cafe del Isla: Free Day
4:30–7:30pm
2823 Roslyn St.
South Park Hill Plaza
(See page 6)

Thursday, October 20
Stapleton Fellowship Church Chicken-A-Off
at Haney’s, 1–4pm Details and entry registration at www.haneystevents.com

Monday, October 26
Polkas Academy Free Halloween Event
Arcade games, child ID booth, haunted house & trick or treats, 5–8pm 2155 W Alkiron Way.
To volunteer call 720-913-1925
Keva.Tiglio@denvergov.org; or
720-913-1094, Amy@hersheyevents.com

Monday, October 31

NOVEMBER

Tuesday, November 1
Election Day-Mailed ballots must be received by Nov. 1; large school board and ballot issues for Denver sick leave and state education tax (See page 22)

Fri., Nov. 4-Saturday, Nov. 12
5th Annual Denver Arts Week
(See more information on page 20)

Saturday, November 5

Wednesday, November 9
MCA-Annual Member Meeting 6:30pm
Stapleton MCA Community Room* info@stapletonmca.com

Friday, November 18
Winter Welcome 6–8pm
29th Avenue Town Center
Events@stapletonmca.com

Check out the video of Viva Streets at www.FrontPorchStapleton.com

Our apologies that the Front Porch website did not get updated in September. The video referenced in the September paper is now online for those who wish to re-watch or learn about the Viva Streets event.

*Nore information at Events@stapletonmca.com

The Stapleton Front Porch is published by Stapleton Front Porch, LLC, 2566 Syracuse St., Denver, CO 80238. 33,000 papers are printed. The free paper is distributed during the first week of each month to homes and businesses in Stapleton, Park Hill, Lewry, Montclair, Mayfair, Hale and East Colfax.

EDITORS AND PUBLISHERS: Carol Roberts and Steve Larson 303-526-1969 FrontPorchStapleton@gmail.com AD SALES: Karissa McGlynn 303-333-0257 KarissaMcGlynn@gmail.com

The Stapleton Front Porch

Byren Carter
Director

Stapleton Front Porch

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What is your Community DNA?
This is our continuing piece about creating a positive Denver Neighborhood Atmosphere or DNA. We like to provide a little something for you to help us make Denver a better place.

When you are behind a car trying to parallel park, do you try to get around it as quickly as possible? Well, most of us try to go around it instead of letting it park and then proceeding. We are in such a hurry, we often cause a greater problem because the traffic going around the parking vehicle keeps the vehicle from being able to park. Take a moment and just let the car park. Try this today.

Pumpkin Patch
Our final Farmers Market is scheduled for Sunday, October 16 from 8:30am–12:30pm on The Green. We will have a DJ at this market to provide some festive fall music and hope to have The Urban Farm provide at horseback rides north of The Green.

We are continuing our tradition of incorporating our annual pumpkin patch with the final market of the season. Shoppers will receive a coupon every time they spend $5 at a vendor booth. Coupons can be redeemed at the pumpkin patch for a free pumpkin. The more you spend, the larger your pumpkin! Offer good while supplies last.

Active Minds Seminar
India: A Story of Contrast.
India has the fifth largest economy in the world, yet 25 percent of the population lives below the poverty line. India’s universities produce an educated elite that competes with the best in the world, while more than a quarter of the country remains illiterate. Economic opportunity abounds for the upper class and men, while the lower classes and most women live a narrow existence. Join Active Minds as we explore these and other contrasts as we seek to understand India and how it fits into the global community. On Thursday, October 13 at 7pm in the Stapleton MCA Community Room.

Everyone is welcome. For more information, visit www.ActiveMindsForLife.com.

MCA District Delegates Needed
District delegates are residents elected annually by their peers to represent the interests of that district to the Stapleton MCA Executive Board. Delegates must consider and approve the annual MCA operational budget. District delegates act as the primary advisory committee to the MCA Board and executive director, giving input on a variety of community matters such as events, programs and capital improvements.

Each delegate in each district is elected at the Annual Meeting of Members scheduled for November 9 at 6:30pm and shall serve for the following calendar year (January-December). A delegate may be recalled, and there shall be no limit on the number of terms a delegate may serve.

Those wishing to be nominated should send a letter of interest and a brief bio to the Stapleton MCA Executive Director at 2823 Roslyn St., Denver, CO 80238, to be received no later than Friday, October 14. Email letters to
delegetes@stapletoncommunity.com.

Dog Days
On Sunday September 11, nearly 300 dogs showed up at Stapleton’s F15 pool for the annual Dog Days event. It was a great day for dogs and owners to celebrate the end of the summer while bringing in over $1500 for the Denver Animal Shelter and The Stinkbug Project.

Aquatics Wrap-up
Stapleton had its best year yet at the pools this season with nearly 120,000 visits. The MCA will be sending out our electronic evaluations to all program participants to gather feedback as to how well we managed our Learn to Swim Program, Swim Team, etc., while gathering information regarding improvements for next year. Please take the time to fill out and return these evaluations as we are always looking for feedback and areas to improve service.

The MCA will continue to offer American Red Cross courses each month and will post employment opportunities for next season as soon as January 2012. Keep an eye out for the new website launch for the 2012 season.

Sponsors
The MCA wishes to thank all of its sponsors this year. You helped to make our events a vibrant piece of our community. Over 70,000 people attend our events throughout the year.

Thanks to Blockmarkers.com, Stapleton Home Services and TJC Management & Real Estate for sponsoring all our events this summer.

Sponsorship packages will be available after the first of the year. If you are interested or have any questions about how your company can benefit by sponsoring events at Stapleton, please contact event@stapletoncommunity.com.

If you have any questions or comments about the information above, please feel free to contact events@stapletoncommunity.com or call the MCA office at 303.388.6724.

Diane Deeter Director of Programming and Events
School Board Election

(continued from page 2) November 1. There will be eight drive-thru and drop-off locations throughout the city. The elections for school board are final and there will be no runoffs. For more information and specifics, go to the Denver Elections website at www.denvergov.org or call 720.913.VOTE.

WHO IS RUNNING?

There are three spots on the board at stake in this election. District 15E Denver) will elect a new board member in a race between Anne Rowe, a reform advocate, and Emily Sirota, who has been endorsed by the Denver Classroom Teachers Assoc. and is the wife of David Sirota, a well-known talk radio show host. The race will determine the replacement for Bruce Hoyt who has steadfastly supported reform efforts. District 5 current board member and vocal anti-reform advocate Arturo Jimenez is up for re-election. Jennifer Draper Carton opposes Jimenez as a reform candidate.

All of Denver will vote for one of five at-large candidates. With no runoff election, a candidate could win with a very small percentage of the vote. The at-large candidate will replace Theresa Peña, who has been a staunch ally of the Denver Classroom Teachers Assoc. and is the wife of David Sirota, who has been endorsed by the Denver Classroom Teachers Assoc. She has 30 years of experience in the water resources engineering field.

Jocsi Shmuywog ran for the District 4 seat two years ago that Nate Easley won. She has a daughter at Westerly Creek, has an extensive background in finance and teaches Tai Chi Chuan.

“Happy” Haynes was a Denver City Council member for 13 years until 2003. Since then she has worked in various positions in city government and DPS. Currently, she is director of Civic and Community Engagement for CRL Associates, a public affairs consulting firm.

Frank Deserino is a teacher at South High and an adjunct professor of history at Metro State. He has served on numerous DPS boards.

John Daniel

Questions

Do you support the types of reforms that were approved by the board last year for NE Denver?
Daniel: Yes, but they did not go far enough.

Kilgore: Not really. They were done in a haphazard manner without proper community involvement.

Shumway: Now I have to support the reform but I do feel it could have been done with more community involvement.

Haynes: Yes, I do! It is the District’s obligation to turn those schools around.

Deserino: No, I don’t. Changes were not communicated with parents. Teachers were fired, then asked to stay until the end of the year.

In a candidate statement, what do you consider to be the most substantive issue that DPS is facing today?
Daniel: Neighborhood schools need autonomy.

Kilgore: Need to refocus on having good schools in every neighborhood rather than choosing random neighborhoods for good schools.

Shumway: Public trust in where the dollars are going.

Haynes: Addressing the 50% graduation rates, refocusing on schools in the middle of the achievement scale, getting kids off to a good early start and facilitating parent involvement.

Deserino: Transparency. Teachers, parents and students are disengaged from the district.

Are you seeking the endorsement of the Denver Classroom Teachers Association?
Daniel: No. I don’t think they know who I am.

Kilgore: I am seeking the endorsement of anyone who supports my ideas and policies.

Shumway: I could not accept their endorsement because there are other good people running and an endorsement from DCTA of me could hurt the others in the event they are elected.

Haynes: I did sit down with them and ask for their endorsement but they choose not to endorse any candidates in the at-large field.

Deserino: No, I am seeking the endorsement of teachers and parents who put up with the District in silence.

What is your stance on the vouchers?
Daniel: I would like vouchers if they could serve the majority of kids.

Kilgore: Opposed.

Shumway: They are horrible because they are a short-term solution, very bad long-term consequences.

Haynes: Absolutely not! Public money, public accountability.

Deserino: No. The idea of vouchers is ridiculous because of the division of church and state required by the Constitution.

In a decade when you look back on your years on the board, what contribution would you like to be remembered for?
Daniel: Making neighborhood schools much better and autonomous. Having a rate of graduation in DPS at 85 to 96%.

Kilgore: That I helped bring the board together.

Shumway: I helped to heel the rifts on the board and the board became known for its ability to accomplish things in DPS. Haynes: There is a real sense that I kept my word in putting children first. That I helped move the board forward by consensus.

Deserino: A renaissance of teaching during my eight years on the board with input from teachers, parents and the community at large.

Candidate Forums

Monday October 3, At-large Candidates Forum, 7-9pm. East High School Cafeteria, 1650 Detroit St., Sponsored by East PTSA.

Tuesday October 18, Citywide Candidates Forum, 6-7pm, University of Denver, Davis Auditorium, 2000 E. Asbury St. Sponsored by A+ Denver and Get Smart Schools.

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Karen B. Best, Attorney at Law
303-708-1300
karen@bestfamilylaw.net
Appointments in Stapleton or Centennial

Real Estate News

Now is the time!
A strengthening real estate market, combined with historically low interest rates, makes this a GREAT time to buy a home! Call or email us today for details.

Thank you. Again!
In 2010 and again in 2011, Olivia and Michael Kearns were recognized by their clients and peers as Five Star Real Estate Agents for excellence in customer service.
Adoption often leaves everyone—the child, the child’s birth parents and the adoptive parents—with emotional issues because of the relinquishment. These issues may come to a head as adoptees or their birth parents try to become reunited. This is when it helps to have the support of others who have experienced adoption and relinquishment, the members of Adoptees in Search—Colorado’s Triad Connection.

“We educate people about what’s available to them legally to initiate a search,” explained Rich Uhrlauf, co-director of Adoptees in Search. “We also supply emotional support. Adoption is generally a very good thing, but relinquishment is a very grief-based thing. Adoption is a lifelong process. However, society views it as an event.”

Adoptees may be faced with such issues as whether they might be dating a cousin or a sibling. And they may wonder about inherited traits or medical problems. However, depending on when they were adopted, laws may exist that will allow them to find their parents.

“One of our main focuses is advocating for access to birth records,” Uhrlauf said. “There are a myriad of reasons why adoption records are sealed. One reason was to remove the stigma of illegitimacy from the child. So much of it was rooted in secrecy and shame. We’ve had women in our group who said a judge threatened them with jail time if they ever tried to find their child.”

The Adoptees in Search website, www.aisctc.org, contains information about laws that may give direction to finding adoptees or parents. The organization, which requires no dues to attend meetings, offers information at monthly general meetings from search tips to book reviews or a chance to share scrapbooks and poetry. In addition, smaller, more specialized, monthly support groups meet where people can “talk about heavier issues in a safe, confidential environ-

Local Group Provides Support for the Adoptee, Birth Parent

By Nancy Burkhart

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Kaiser Now Hiring Staff for New Call Center in Lowry

By Jon Meredith

Kaiser Permanente, already one of Colorado’s largest private employers, will be opening a new state-of-the-art member service call center in Lowry beginning this November. Kaiser spokeswoman Amy Whited says that applications are currently being taken to fill positions from entry level call center personnel to managers and supervisors.

Kaiser announced the new facility in a September news conference with Mayor Hancock. Kaiser continues to attract new members, despite a rugged economy, and has hired 550 new employees in Denver alone since 2009. This growth curve is expected to continue over the next few years, making Kaiser a source of job opportunities into the future.

The new call center jobs entail talking with Kaiser members in Colorado and other states to answer their questions regarding benefits, health care coverage, billing questions and directions to Kaiser facilities. The call center will be outfitted with new technology, enabling faster response times, more communication choices beyond the telephone such as text and instant messaging, and in the future, 24/7 availability of health plan service representatives. The call center is not involved with sales, its purpose is to respond to members’ questions. Employees will be thoroughly trained and are not required to have any medical background.

Whited believes this is “a great time for new employees to join Kaiser.” Some of the new service center jobs will be filled with current employees, so their current jobs may open up additional opportunities for new employees. Kaiser already has some employees working at a facility in Lowry.

Open positions at Kaiser are listed on their website. Visit kp.org, click on “Job Seekers,” then click “Search Jobs.” To find the call center jobs, type “Denver” under “Keywords” and under “area of interest” select “Customer Services.” Scroll down and click on “Search for Jobs.”

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Stapleton Front Porch

October 2011

4
ment," Uhrlaub said. Counselors sometimes are available. Meetings of Adoptees in Search are held at the Montview Presbyterian Church.

Uhrlaub, himself, is an adoptee. He was adopted at the age of three weeks in 1958. His adoptive parents also adopted a little girl in 1955. And, his mother gave birth to a daughter after Uhrlaub was adopted.

“They always told me that I was adopted, so it wasn’t a secret as it often is on families,” he said. “I always wanted to know where I came from. It’s an absence of personal history; it’s not about not getting along with your family. I’ve had a great life.”

When Uhrlaub was 21, his parents gave him medical information about his birth parents. And later, he received his adoption decree with his birth name and birth mother’s maiden name.

“I was able to locate my birth family in Minnesota,” he said. “After 15 years of looking, both my birth parents had died before I was out of high school. She was 25 when she became pregnant with me and he was 34 or 35 and separated from his wife at that time. She hung onto me for three weeks in the hope that he would divorce his wife and marry her.”

Although his parents were gone, Uhrlaub found a biological aunt who provided him with his maternal family’s genealogical information. And, she put him in touch with his four siblings, though his two half-brothers on his birth father’s side of the family have not wanted a connection.

Park Hill resident Maggie Gourd-Barrett, another Adoptees in Search member, was 18 when she became pregnant with her son, Brent. His father at the time was a 20-year-old studying art at the University of New Mexico. Today, Brent’s birth father has not wanted a connection with his son.

“Tried to connect with my birth parents through Catholic Charities. I never saw him or held him because they told me then I would never go through with adoption.”

“I never wanted to give him away,” Gourd-Barrett said. “I always had in the back of my mind that I would find him. I always kept my maiden name so that he could find me in the phone book.”

Today, 19 years after they found each other, Brent has two daughters of his own. With the birth of his first child, a daughter, he thought about the pain his mother went through when she gave up her son, Gourd-Barrett said.

“With the birth of his son, it was even more profound,” she said. “It was like he was bonding with himself. He now feels validated. He feels real.”

Gourd-Barrett started attending Adoptees in Search meetings to find help dealing with her search and then the issues that came between her and her son once she found him.

“This was really helpful to me to find an organization that believed in truth, education and healing as it applied to all the people involved,” she said. “I felt supported. Everyone’s experience is different. Brent became very angry with me about 5½ years into our relationship. He needed to figure out his relationship to me and his relationship to his adoptive family who were reluctant to accept me.”

“It’s been difficult for him,” she said. “It’s about the adoptee. It’s not about my ego or the adoptive parents’ ego. It’s about the adoptee who had no control.”

“Anger is one of the emotions that adoptees have to process,” Uhrlaub agreed.

“There is a sense of powerlessness around relinquishment. In our group, there is the ability to get to normalcy. People have supportive friends, but it’s such a help to be around people who just get it. We’re about helping to move forward through the process.”

The general monthly meeting of Adoptees in Search is held the fourth Tuesday of the month from 7:30 to 9pm in the Study Group Room at Montview Presbyterian Church. The Support Group is held the second Wednesday of the month in the Robinson Room. For more information about Adoptees in Search, call the Help Line at 303-332-6302 and leave a message. Your call will be returned. There is an email option on the website: www.aisctc.org.
Cost-Effective Professional Office Space for Businesses

By Jon Meredith

Residents throughout NE Denver work out of their homes, juggling the convenience and enjoyment of working from home with the need to maintain a professional image and the difficulty of working around a multitude of distractions. There is always a dilemma of whether the cost of maintaining an office is worth the benefits. Smart Space, which opened recently in Stapleton, solves many of the problems that go along with working from home. The space is shared and the office can be virtual; therefore, the cost is much more manageable.

Stapleton residents Michelle Lazar and Travis Bischoff have purchased an office condominium in the building at 2373 Central Park Boulevard. Smart Space offers a number of services that can be purchased a la carte and by the hour. These include several different-sized conference rooms, offices, desk space, copy services and answering service—everything needed for a virtual office. Smart Space opens to the lobby of their building on Central Park Blvd. There is a receptionist desk and several coffee shop-like tables in the front as well as a long counter workspace. A room with eight desk spaces is in the back. The conference rooms have big screen TVs, which can be used for presentations or teleconferencing.

Lazar is an attorney who, after her first child was born, came to understand first-hand the difficulties of working from home. She wanted to work more from home but needed a space to meet with clients in a professional environment. She had to go quite a distance from Stapleton to find an office space that suited her needs. Her husband, Travis Bischoff, believed the virtual office business would be a perfect business to start in Stapleton. The two searched for several years before finding the right financing and a space that would work for their design. The Central Park Blvd. location is convenient for those living in the NE Denver area.

Michelle and Travis believe that Smart Space will have some inherent no-cost benefits for their clientele such as the collegiality of an office and non-virtual networking opportunities. They are currently offering a free day pass day to anyone interested in trying Smart Space.

The public is invited to the grand opening of Smart Space on Thursday, October 6, from 4:30–7:30pm at 2373 Central Park Blvd., Suite 100.

For more information, call 303.842.2437 or visit www.SmartSpaceCo.com.

Michelle Lazar and Travis Bischoff’s new business, Smart Space, offers small business owners a professional work space for everyday use or just for an important meeting.

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Come Clean With Us.
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Mayor Hancock has stated one of his goals is to re-examine city government to eliminate waste, streamline operations and remove inefficiencies. The person in charge of that task, Dave Edinger, was selected because he already has a successful track record doing exactly that. Edinger was appointed in 2008 by Mayor Hickenlooper to create integrated criminal justice programs in Denver through the use of technology.

One system Edinger analyzed was what happens after the police make an arrest. He found the arrest report was hand written and, in successive steps, entered at police headquarters, printed, entered by the Denver Sheriff, printed, then entered separately by the courts, the city attorney and the district attorney. "All this happened manually. And there are countless examples of this happening within safety and criminal justice—as well as everywhere you look in the city. So the idea is to make the transfer of information happen more electronically, automatically and without duplicate data entry so we can save a lot of manpower that would otherwise go into work that’s not increasing the services that citizens of Denver receive." With more efficient systems in place, city employees and residents, says Edinger, “can spend more time analyzing and using the data and less time trying to get data into or out of the system.”

As a result of David Edinger, as Denver’s Chief Performance Officer, is charged with finding efficiencies that create savings in Denver’s budget. Edinger holds Sam (17 months) and his wife, Amy Mueller, holds Joe (Sam’s twin) as daughter Abby (10) kicks the ball to her brother Charlie (7). Edinger is the coach of Charlie’s soccer team.

(continued on page 26)

A new health insurance website from the Colorado Division of Insurance, www.askdora.colorado.gov, gives consumers facts on what drives the cost of health insurance premiums, how to “shop smart” for health insurance, and how to get help when an insurance claim is denied. Consumers will find information on the types of health insurance available in Colorado, what to look for when shopping for health insurance, the factors that affect the cost of health insurance premiums, the latest news on federal health care reform, and a search tool that will help website visitors review the premium rate increases requested by insurance carriers.

Visit www.askdora.colorado.gov and click on the “Are You Prepared for Changes in Health Insurance?” button.

Local Soccer Dad’s Goal is to Make City Government More Efficient

New Website Helps Consumers Navigate Health Insurance Information

A new health insurance website from the Colorado Division of Insurance, www.askdora.colorado.gov, gives consumers facts on what drives the cost of health insurance premiums, how to “shop smart” for health insurance, and how to get help when an insurance claim is denied. Consumers will find information on the types of health insurance available in Colorado, what to look for when shopping for health insurance, the factors that affect the cost of health insurance premiums, the latest news on federal health care reform, and a search tool that will help website visitors review the premium rate increases requested by insurance carriers.

Visit www.askdora.colorado.gov and click on the “Are You Prepared for Changes in Health Insurance?” button.
City-dwelling amphibians including salamanders, frogs and toads confront many hazards found in our urban landscapes. They can cross paths with a fast moving two-wheeler, find themselves under a slow-moving lawn mower, or be stared down by a domestic feline. Some are injured by children playing soccer, while others become trapped in a residential window well. This past August, I received my 25th query (complete with photographs) concerning yet another toad found living in a basement window well. I figured it was time to scribe an article about Dr. Woodhouse’s toads. Our neighborhoods are populated with Woodhouse toads. They are named after Samuel Washington Woodhouse, a surgeon and naturalist who explored the Southwest in the 1800s. Adult Woodhouse toads are terrestrial creatures. Their life cycle, however, does begin in the water. Breeding takes place from March–July, typically after rainfalls. An all-male chorus can often be heard singing around practically any pool of standing water. The receptive females lay long strings of eggs in the water. Breeding takes place from March–July, typically after rainfalls. The fertilized eggs soon transform into bigheaded, winged pollywogs. These pollywogs are herbivores that feed on earthworms, centipedes, maggots, spiders, crickets and moths. They use their good eyesight to find their prey, then lunge and capture it with their sticky tongue. Not only do they face the mentioned city hazards, they also have to deal with big city predators. Dogs, cats, raccoons, egers and garter snakes are their most common threats.

To minimize loss to predators, toads have evolved to rely on a few self-defense strategies. Toads can lighten or darken their skin tone to help them blend into their surroundings in hopes of going undetected. They employ “cryptic behaviors” like low crouching or becoming absolutely motionless when they feel threatened or are manhandled by an inquisitive child. Herpetologists who observe this behavior believe it results in either the non-capture or release of the animal by its enemy. By far the most effective deterrent is production of a repulsive toxin from a pair of large, elongated glands located behind their protruding eyeballs. The glands synthesize a bitter, viscous liquid that can coat the mouth of a predator, and when absorbed causes inflammation of the throat, nausea and heart palpitation. Also, a frightened toad will often involuntarily urinate on the would-be predator. So beware to the curious toad handler! Now, what to do if you find a toad in your window well? As safe as this shelter is, it’s not an ideal habitat for a toad, as available food and water are limited. I recommend carefully scooping up and moving your toad to a more conducive location, away from everyday risks. Then, after you have accomplished your rescue operation, wash your hands with warm, soapy water and put yourself on the back for a job well done.

Thinking about starting a family, but not sure how to prepare? A little preconception preparation can help you have a healthier pregnancy and a healthier baby, and it can also help improve your fertility. Consider the following tips to help improve your chances of conceiving.

Adopt a healthy diet. A healthy preconception diet may boost fertility. Eating well is linked to healthier pregnancies and healthier babies. So there’s no better time to begin breaking bad habits (skipping breakfast, fast-food meals), and building some better ones (switching from white to whole grains, selecting snacks from the fruit bowl instead of the vending machine).

Pop a prenatal vitamin. Even before you are pregnant, taking a prenatal vitamin in the months leading up to conception can help prevent serious birth defects, and preterm delivery. So ask your practitioner for a recommendation and get started now.

Exercise regularly. Exercise can help increase strength and endurance, which will help your body throughout your pregnancy. However, excessive exercise at a high intensity is not recommended because raising internal temperature too high may affect ovulation and fertility. Talk to your doctor about appropriate exercises and intensities.

Stress less. Try not to stress over becoming pregnant as that can be detrimental to conception. Be aware that only 20 percent of couples who are actively trying to conceive will get pregnant within the first month of trying. Seventy-five percent will be pregnant within six months, if you would like to make an appointment with Dr. Ginsberg, please contact the Stapleton OB-GYN office.

Take a Hike by Marko and John Babiak

Got Toads in Your Window Well?

A pair of cold-blooded Woodhouse toads enjoy the warm sun that finds its way into their window-well dwelling. Photo by Marko Babiak.
April 1 was a perfect Colorado spring day. Not a cloud in the sky, snow-capped mountains, and the full house at Coors Field was ready to start a season that all hoped would end with the Rox as first-time Western Division Champions. The team disappointed that day, losing to the previously hapless Diamondbacks 7-6. Last year’s cellar-dwellers, the Snakes went on to take the Division and the Rockies went on to have perhaps their most disappointing season of their 19-year history. That is saying something because the Rockies’ entire history has been an overall disappointment considering how well fans have supported the team.

This October, the sights at Coors Field will remain off, the bars, gloves and balls put away until they are loaded up for spring training. That is the time in baseball when all is forgiven and hope springs eternal. The attitude that “we’ll fix what is wrong and be better next year” is the way the Rockies have been managed since inception. With one grand exception, a World Series team in 2007, the team’s management has embraced mediocrity. Why? The owners, Charlie and Dick Monfort, are making a fortune and have no real reason to invest any more money in the product they put on the field. They take no real criticism because most of the media that covers the team owns part of the team. Owners include KOA radio, FOX television and the Denver Post.

In their 19 seasons on the field, the Rox have never won their division. During that period of time, only three other teams can claim that level of ineptitude: The Kansas City Royals, Washington Nationals/Montreal Expos and the Pittsburgh Pirates, although the Royals did win their division in 1992, the year before the Rox were born. Those three teams can have somewhat of a pass because they play in front of sparse crowds and two are from small markets with other really good teams nearby. The Expos/Nats were owned and managed by the league prior to moving to Washington and are now taking shape as a competitor in their very tough division.

Other than the seven straight wins to go to the ‘97 Series, the Rockies have won just two playoff games in their history. Management has always been a seller at the trade deadline—other than a few back-of-the-bullpen acquisitions. They have never made a big move in the off-season free-agent market either. Todd Helton, a possible future Hall of Famer, has taken way too much payroll for way too long. The team does not address holes in the lineup that have been around for years. Catcher Chris Iannetta simply cannot hit major league pitching, yet they keep running him out there on opening day, saying he has learned in the off-season. They have been looking for second and third baseman for years. Dester Fowler was close to leading the league in strikeouts prior to being sent down earlier in the season. A lead-off hitter needs to find a way to get on base. Pitching has always been a huge excuse at altitude and it is a position no team can ever have enough of. Why then would the team trade Ubaldo Jimenez, who started last year’s all-star game, even though he struggled for the last year? Was it Ubaldo’s fault or the coaching staff’s? I have not seen too many teams trading an all-star game starting pitcher at the trade deadline.

The Rockies organization is stagnant. Most of the senior and mid-level employees have been there since 1993. Most of their efforts are spent on making sure the Coors Field experience is first class. They certainly have done a good job with the ballpark we all gave them. However, Baltimore, San Diego, Seattle, Cincinnati and Houston have nice ballparks as well, but their fans don’t come out to the ballpark unless the product on the field is competitive. Rockies fans have for years been way too nonchalant about the team being competitive and Rockies ownership has benefited and taken advantage of that lethargy.

Jon Meredith lives in Stapleton. He can be reached at jon.meredith@q.com.

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Sports & Fitness Club
New Swim Team Offers More Competition for Motivated Swimmers

By Nancy Burkhart

Five boys from the newly-formed Denver Stingrays qualified for the State Championship this summer. Clockwise from top, they were Joey Donabos, 12, Bobby Danahy, 10, Evan Kaczesloki, 10, Aide Kaufman, 11, and Ben Vorst, 10, shown at the pool at the new Adams City High School in Commerce City where they practice. Bobby Danahy finished in the top 10 in the 200-meter freestyle for the 9-10 age group.

The Denver Parks and Recreation league is designed to introduce young kids to the sport of swimming. USA Swimming is designed for the swimmer who wants to move forward in the sport,” says Justin Dortch, coach of the newly formed Denver Stingrays. Dortch was asked by the Stapleton Master Community Association to develop a summer USA program, in which over 70 swimmers registered and competed against other USA Swimming programs.

Five boys from the Denver Stingrays (pictured above) qualified to swim in the State Championship for their age group. At the end of the summer, upon request from parents and swimmers, Dortch formed a year-round program.

Northeast Denver-area children interested in joining the Denver Stingrays will be invited to a trial practice where Dortch will determine whether they are ready to compete. Only those who elect to compete will swim in meets. However, everyone will be taught the proper way to swim and responsibility in the pool.

We have put together a developmental program,” says Dortch. “We’ll take someone relatively new to the sport.” At this time, children from 5 to 18 years old can join the team and they swim with their own age group. “This allows kids to compete with kids at their own developmental stage. We’ll add a group for ages 19 and up in January.”

“Time at the pool depends on the age level,” he explained. “It’s always been about being flexible. These kids are active. They play other sports. We’ve created a tiered program so that parents can select the program that is best for their swimmer. The older kids might want to practice five days a week because they have already decided that this is the sport they want. But a 5-year-old should not be in the four-day-a-week group. They should not tire in the sport. It will depend on the kids’ ability to participate in practice, as well as their interest in the sport.”

“I have coached off and on for 10 years,” Dortch said. “They’re going to learn to swim with perfect stroke techniques. They’ll come to practice every day, learn the assignment and learn to act both independently and with the team. I think they learn responsibility and life lessons they need to live successfully.”

As part of USA Swimming, the team has access to diving blocks, touch pads and organization officials. Dortch said they swim at the new Adams City High School, 7200 Quebec Parkway, in Commerce City.

Parents make up the Board of Directors for the Denver Stingrays. “We tried to listen to what the Stingray parents wanted when we designed this program,” Dortch said. “However, parental activity is not required in the program.”

Costs are dependent on the amount of participation. However, everyone pays a $90 annual fee that provides membership in USA Swimming and the Denver Stingrays. The number of practices cost from $65 to $125 a month. Payments can be made in bulk or monthly, and swimmers can skip a month.

For more information about the Denver Stingrays, go to www.denverstingrays.com. Email Justin Dortch at denverstingrays@gmail.com or call 720-440-4QUA. USA Swimming information can be found at www.usaswimming.org.

By Nancy Burkhart

Gymnastics

The Stapleton Women’s Clinic

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Kevin D. Tatoya
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ktatoya@Farmersagent.com
New Rec Center Rates Effective Jan. 1
SilverSneakers Starts Oct. 1

By Carol Roberts

Denver Parks + Recreation announced a revised schedule for the implementation of the tiered model of recreation center memberships and fees. The City's software vendor is still customizing the system for the new membership packages—regional, local and neighborhood—and they will be available beginning January 1, 2012.

From October 1 through December 31, Parks and Rec is offering a 50% discount on the old rates for a three-month membership package to new and current members.

SilverSneakers, offering free fitness club membership through certain healthcare plans, will be available at Central Park Rec Center starting October 1, with programming starting October 3. (According to SilverSneakers.com, the program is offered in Colorado by Anthem Blue Cross and Blue Shield, Humana, Kaiser Permanente of Colorado, AARP Medicare Complete® by United Healthcare and AARP® Medicare Supplement Insurance Plan.)

SilverSneakers benefits listed at SilverSneakers.com include access to conditioning classes, exercise equipment, pool, customized SilverSneakers classes, a program advisor at the fitness center to help members get started, and online support to help lose weight, quit smoking or reduce stress.

October 15 Is Rocky Mountain Arsenal National Wildlife Refuge Day 2011

By Susan Dobniak, Park Ranger/Visitor Center Manager

Explore the “wild side” of Rocky Mountain Arsenal National Wildlife Refuge at its free, annual Refuge Day celebration on Saturday, October 15, from 10am – 3pm. Enjoy festivities at the Refuge’s new Visitor Center to celebrate national wildlife refuge week.

Experience the Refuge’s hometown habitat through family fun activities, wildlife viewing, hands-on exhibits, a Refuge scavenger hunt, and wildlife arts and crafts. Join us for presentations in our new auditorium about backyard birding, wildlife photography and bison.

Throughout the event, 45-minute wildlife viewing tours will be offered on a first-come, first-served basis at the site. At 12:30pm, the Refuge’s first amateur photography contest winners will be announced. Tours of the National Wildlife and Property Repository are by reservation (space limited; registration begins Oct. 1). No reservations are required for other event activities.

Spend the day exploring one of the largest urban wildlife refuges in the country and discover why more than 300 resident and migratory animals call the Refuge home.

The Refuge is located at 6550 Gateway Rd. From I-70, exit Quebec St. going north. Turn right at Prairie Parkway/64th Ave. Turn left at Gateway Rd. Follow Gateway Rd. through the Refuge entrance gate. The Visitor Center is straight ahead at the crest of the hill.

For more information, call the Refuge Visitor Center at 303.289.0930 or visit www.fws.gov/rockymountainarsenal.

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A seven-year-old girl took a shine to Adams and started to encourage private donations to Empowerment International.

“I wanted to do something to help out the kids on the streets,” said Adams, a Stapleton resident. “I learned that one of the most important things for helping them was getting them in school. Empowerment International is in two communities. We try to work with the entire community so that they learn to help each other. We work with both the parents and the kids.”

While Adams was living full-time in Nicaragua, she found a way to encourage private donations to Empowerment International. A seven-year-old girl took a shine to Adams and started to play with Adams’ digital camera. “Her esteem went up very quickly,” Adams explained. “Then I met a woman who was a professional photographer and schoolteacher who wanted to do a workshop with the kids. She brought cameras with her, but then she took them home with her. A 14-year-old boy even cried when she left. I decided to ask people for cameras.”

Cameras were donated to Empowerment International, and professional photographers started giving guest workshops to the children. “We’re trying to find ways for the kids to become interested and draw them out of their shells,” she said. “We don’t have a school. We have an education center. The teens are tutoring the younger kids. We have volunteers come in to tutor the older kids. We have received computers and enough bikes to start a bike club. We hope to open a bike store because the kids are learning to work on bikes.”

Because photography has become so popular with the Nicaraguan children, Empowerment International is bringing art shows to the United States and auctioning off the photos. The Denver photography exhibit will be at the Root Yoga Studio on Saturday, Oct. 8, at 6:30pm. Some 40 limited-print photos will be offered. They are professionally framed and 12 inches by 18 inches or 16 inches by 20 inches. There will be a Skype presentation so that guests can meet some of the child photographers and talk to them about their photos.

Show admission is $35 per person. Tickets can be purchased online at www.micameralmundo.com. “These aren’t poverty kind of photos,” Adams said. “Some of them are just amazing. They are silhouettes, artistic and more.”

For further information about Empowerment International or to donate cameras or computer equipment, call Kathy Adams at 303.823.6495 or email her at info@empowermentintl.org. More information is at www.empowermentinternational.org.

Photos shown here are some of the 40+ images taken by Nicaraguan children that will be auctioned to raise funds for Adams’ organization.
Imagine sending a kindergartner to a Spanish or Mandarin Chinese immersion school where only a foreign language is spoken by the teachers in the classroom. A school where students learn all fundamental academic skills (math, science and social studies) in that language, a language parents may not even understand. That school is open and is located in East Denver—students are chosen through the DPS lottery admission process.

Stapleton residents and parents Krissy Fantz and Camilla Modisett, along with former Stapleton Foundation Vice President Brian Weber, founded the Denver Language School (DLS), starting with fundraising and writing a charter application in 2008. The charter was approved in 2009 and the school opened its doors a year ago. Currently, Ms. Fantz is the school’s board vice president and Mr. Weber is executive director. The school retains a deputy executive director in each language area.

Charter schools require funds from sources other than the school district in order to pay startup costs. DLS has been successful at obtaining grants and gifts to start the school and pay a limited amount of ongoing expenses. The school has received $2.260 million spread over five years from various foundation and government grants to cover startup expenses and teacher training.

This fall 356 children are enrolled at DLS in kindergarten through third grade. DLS will add a grade a year through eighth grade. Students come from all over Denver and include over 100 children from Stapleton.

Many of the teachers at DLS are native speakers of the language they teach. There are also assistants in each classroom to help children with special needs. The school seems like a normal Denver elementary except that in the classrooms and halls no one is speaking English—and inside a classroom, math is being taught to second-graders in Mandarin. While the teachers always speak in the immersion language, students in the lower grades can answer or ask a question in English.

This spring, the school will have a 45-minute English period each day for third-graders to prepare them for the CSAP tests in the spring. Weber is counting on the students to test at a proficient level; otherwise, there may have to be some changes made to the curriculum to make sure DLS students test at grade level in English.

DPS pays 97 percent of the district’s average annual cost to educate a student. However, DLS board and parents still have to raise additional funds. Their upcoming fundraiser is “Dancing with the Stars” at the Four Seasons ballroom downtown, November 19 at 8:30pm, with an all-star panel to judge the competition.

The Denver Language School is located at 451 Newport St. For more information, visit www.denverlanguageschool.org or call 303.557.0852.

Learning a Language (and Other Subjects) through Immersion

Juliane Wera shows she knows the answer in her 3rd grade Mandarin Chinese immersion class.

By Jon Meredith

Students are taught all subjects in the immersion language. Chinese is shown above, Spanish is shown below.

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Local Bands Raise Funds and Perform for a Good Cause

By Jon Meredith

Stapleton Rocks, an all-day concert comprised of 14 local bands, was a hit on many levels. For music fans, it was a great day to come out and listen to bands and musicians mostly from Northeast Denver—and the talent on stage was impressive. For the performers, it was an opportunity to play a tight, short set outside in front of friends, family and the NE Denver community—and not get home from a bar at three in the morning. And it offered entertainment combined with a way to contribute to local charities.

Stapleton Rocks was a fundraiser that brought in over $3,000 for two charities chosen by the bands. Participating bands were asked for suggestions of charities the event should benefit—and they voted unanimously for the Denver Children’s Home and Flobots.org. Denver Children’s Home restores hope and health to traumatized children and families through a comprehensive array of therapeutic, educational and community-based services. The home is located at Albion and Colfax. The Flobots are a well-known national act that comes from Denver. The nonprofit Flobots.org helps youth find motivation, inspiration and a voice through music. Each band that performed in the event was asked to raise money and the band that raised the most money “won” the day.

The band “Getting Betty” raised $1600, playing their set midafternoon, prior to the audience really filling in The Green at Stapleton. Getting Betty has two female lead singers, Carla Weikel, a Stapleton resident, and Dynya Geiger, who have been together for years. In a previous incarnation, the two played more blues-oriented music with seven band members. This version of the “Carla and Dynya” show is rock and pop-oriented with plenty of original music.

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Though a successful event, Diane Deeter, events coordinator for the Stapleton MCA, says some changes are already being considered for Stapleton Rocks next year. One idea is starting and finishing later, which Deeter believes will bring larger crowds that will stay longer.

Stapleton Front Porch October 2011

By Jon Meredith

Tapleton Rocks, a day-long concert comprised of 14 local bands, was a hit on many levels. For music fans, it was a great day to come out and listen to bands and musicians mostly from Northeast Denver—and the talent on stage was impressive. For the performers, it was an opportunity to play a tight, short set outside in front of friends, family and the NE Denver community—and not get home from a bar at three in the morning. And it offered entertainment combined with a way to contribute to local charities.

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For more information, please visit our website at www.dmисchool.com or call 303-340-3647 to schedule a school tour.
Conflict Resolution Teaches Management Skills

By Nancy Burkhart

Conflict resolution teaches people of all ages that conflict management skills, including communication and anger control, can achieve better success than violence or litigation.

The Conflict Center’s mission is to teach children and adults to “reduce levels of physical, verbal and emotional violence by teaching and applying skills to help people in diverse communities manage their everyday conflicts nonviolently.”

“Conflict resolution is about different skills that people use for conflicts, like mediation and negotiation,” explained Ron Ludwig, a Stapleton resident who is The Conflict Center’s executive director. “We don’t think every conflict can be resolved. We think every conflict can be managed.”

The Conflict Center, located at 4140 Tejon St., was started more than 20 years ago. The center offers programs and classes to children, adults and families that are referred to the center by the courts, schools and parents. And some people call The Conflict Center to get themselves into the programs, Ludwig said.

“We are educators, not counselors,” he said. “We teach them to be assertive, how to listen and how to talk so that people will listen. About 75 percent of our clients are youths who are 18 years old and under. We work with schools and teach kids how they can manage conflict on playgrounds.

“We also get kids who are identified by schools as kids who are apt to be suspended,” Ludwig said. “We help them make better choices and teach them to control their anger. We all have anger. The big thing is to realize that anger is a secondary emotion. It is a result of something else. There are lots of different emotions that can trigger anger, including fear and injustice. We don’t get angry because we’re angry people. We help youths understand that, teach them to monitor their anger and learn to handle their anger in positive ways.”

October has been called Conflict Resolution Month in an effort to get people to recognize that problems can be solved without violence, Ludwig said.

“We’re trying to build a culture that understands and appreciates our business,” he explained.

When children and youths get into trouble with the law, the courts often order them into The Conflict Center’s classes for a six-to-eight-week period. Classes have between 6 and 15 children.

“Kids have plenty of time to talk and express themselves,” Ludwig said. “That’s really beneficial to helping them learn. You don’t have to be in trouble to take these classes.”

The Conflict Center receives grants to help pay for classes.

“We ask the kids or their parents to pay part of it,” Ludwig explained. “That makes it worth something to them. We encourage the parents to make the kids pay some portion of it. And, sometimes the courts pay for it with scholarships.”

Parents’ involvement in the classes helps to bring about success with their children’s conflict resolution classes.

“Parents are required to attend every other class,” Ludwig said. “We want parents to help reinforce it at home. Frequently we learn the way we deal with conflict from our families. If our families yell or sulk or pout, that’s our way of dealing with things. We try to give parents new skills for dealing with conflict. Lots of times we see the kids in trouble because of what they learn at home.”

Ludwig and his wife, Mary, have two adult children, David and Andrea. Ludwig reads, swims and takes walks around Stapleton, and he and his wife enjoy taking care of some of the neighbors’ children.

Two other Stapleton residents serve on The Conflict Center’s Board of Directors—President Mike Hoppers and board member Benny Samuels.

For information about The Conflict Center, go to: www.conflictcenter.org or call 303.433.4981.
DENVER METRO EVENTS

Art Walks and Exhibits:
10/7 Friday - Santa Fe Arts District. Sat. Fe Dr. between 10th and 6th. www.santafeartdistrictSantaFe.com
10/7 Friday - North Denver’s Tennyson Art Walk. Tennyson St. and 44th Ave. www.northart-walk.sqaure2014.com
10/7 Saturday - Cherry Creek Arts District. www.cherrycklywalk.com
10/7 Friday - Highlands Square First Friday. 32nd and Lowell, North Denver. highlands-square.com
10/14 Friday - Aurora’s East End Second Friday Art Walk. Gallery openings, music, theater food and more. 5-8pm. Map to all venues at Fletcher Plaza MLK Library (E Coffee at Emir’s)

Free Wednesday Activities for Seniors: Wed. 1st, 10am, craft/light lunch; 2nd Wed., 12pm, big lunch/karma sisters; 4th Wednesday, 12pm, light lunch. RSVP: 303-439-7554 for 1st lunch; 303.807.0619 for other services. Bosworth House, 1400 Josephine St. Sponsor: Assistance League of Denver
10/8 - Saturday, Camer, My World) 4-8pm. Colorado Springs. www.livewithcamer.org
10/5 Thursday - Denver Jewish Day School Open House. 9-12pm. 2450 S Wălabah St. Denver’s only community K-12 Jewish school. Continental breakfast (daytime only observed), meet faculty/staff, see classes and campus. RSVP: Shaya Friedmam, 720-449-9522. sfriedman@djwy.org by October 27.
10/1 Saturday - Special Volunteers of Greater Denver. Visit www.wng.org for volunteer opportunities for single local projects, charitable social events and working vacations aboard.
10/9 Sunday - Farewell to Smokey Joe Coffee. 745 E 1st Ave. Lowry. Tickets: www.ticketsolve.com

DENVER PUBLIC ARTS TOURS. FREE Public Art Tours, on foot, bike, scooter, for art and architecture lovers. Reservations required. Schedule: upgroup.com. Also download PDF of Denver Public Art Guide.

RECURRING EVENTS

Every Tuesday: Stapleton Business Center Ski Challenge. 9-11am. 6340 E 23rd Ave. Free. Stapletonbusiness.com
10/10 Thursday - FallFest at Fletcher Plaza. 3:30-5pm. Fletcher Plaza at MLK Jr. Library. 7989 E. Colfax Ave. Music, games, giveaway prizes and activities. Children get treat bags, refreshments, free pumpkins (while they last). Contact Patti Ab. 303-739-7930
10/12 Saturday - Zombie Crawl. 2pm. Skyline Park. Free All ages. Bring nonperishable food for Food bank of Rockies. www.eye-heartsbrain.com
10/12 Tuesday - Montessori Casa Internatonal Preschool Graduation. Opening honors by David Blind. PhD author of “The Hardened Child” and “The Power of Play.” Starts at 5pm. Family event. Continental breakfast (daytime only observed), meet faculty/staff, see classes and campus. RSVP: Shaya Friedmam, 720-449-9522. sfriedman@djwy.org by October 27.
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FESTIVALS/HALLOWEEN EVENTS
10/1 Saturday - 10/1 Monday - May Farms Harvest Festival. Open daily. Corn maze, hay and barrel rides, barnyard and pumpkin patch. Halloween included. Pumpkins sold separately $40000. 6pm. East Hwy, Byers. www.mayfarms.com
10/1 Saturday - 10/1 Monday - Denver Botanic Gardens Pumpkin Festival. Barrel rides, kids’ activities. Music, dance, games, refreshments/games. Adults must be at least 42” tall. Refresments/games. Adults must be at least 42” tall. Refresments/games. Adults must be at least 42” tall. Refresments/games. Adults must be at least 42” tall. Refresments/games. Adults must be at least 42” tall. Refresments/games. Adults must be at least 42” tall.
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Local pumpkin patch? A diverse, progressive, family church!

YOU’VE FOUND IT!

Looking for a...
17 October 2011 Stapleton Front Porch

LOCAL EVENT LISTINGS

10/18 Tuesday- California. 11am-12pm (10:45 refreshments). Temple Emanuel, 51 Grape St. RSVP: 303.386.4013 x307

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LIBRARIES
For more library programs, check events calendar at denverlibrary.org.


Thursdays- All ages storytime. For kids who can sit and listen to stories and songs. 10:30am.

Thursdays and Fridays- Book Babies. For babies 6-23 months with caregiver. Share books, songs, finger plays. 11:15am. Please attend only ONE session/week.

Fridays- Tales for Twos. Stories, songs, movement activities for 2-year-olds and caregivers. 10:30am.

Schlossman Family Library, 100 Poplar St (1st and Quebec). 720.865.0000. Closed Wednesdays and Fridays.

Tuesdays- All Ages Storytime. 10:30am

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Stapleton Front Porch
SUNDAY-SPRINGFIELD, MA 
Rodeo- watch, climb 1-2pm. $8/person. 5/26-9/29. 978.773.8418.
DIESEL'S TURF 
1000 S. Bridge St. Springfield, MA. For more information, contact Steve Hunt. 413.736.3603.

SUNDAY 
11/13 Cheerleading- Brookfield Park District. Registering for the fall season. 303.332.1666.
11/20 Saturday-Family and Friends Day at Marine Corps Recruit Depot. Check the website or call for details. 703.796.5600.
11/20 Saturday-Free Conscious Movie at the Central Park Recreation Center. 6200 E. 17th Ave. 720.308.9944.
11/21 Saturday-Colorado Community Church presents the 6th Annual Holiday Festival. 3651 S. Colorado Blvd. 303.703.4789.
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More Events...

Saturdays in October—Central City’s Creepy Crawl
Explore historic Central City’s infamous “haunts” during 60-minute walking tours of ghostly hot spots and all-ages spooky-family-friendly tours. Gilpin Historical Society members will tell legendary tales. Saturdays: Oct. 1, 8, 15, 22, and 29. Not quite-so-scary family tours at 6:30pm or 6:45pm; adults only for extra creepy 21+ tours between 7 and 9pm (new tour each ¼ hour). Where: Check-in (required) at 102 Main St., Century Casino’s lower level off Gregory St. 20 minutes before your tour time. No refunds; go rain or shine. Tickets: $5 at King Soopers/City Market, at www.tickethome.com or phone 1.866.464.2626; $10 at Magnetic Street, 1080 sq. ft. at 2975 Roslyn Street, Unit 100, Denver, CO 80238

Denver Zoo on Sunday, Oct. 9, 10am–5pm. The festival includes eco-friendly alternative energy family products and crafts, natural birthing options and seminars from Denver green businesses and is included in the regular Zoo fee. $2 off admission if you take the bus and show your RTD pass, ride your bike and show your helmet, or recycle by bringing; clothing donations, home electronics (small fee may apply for some item disposal); cell phone; ink cartridges; household paint (interior or exterior in at least 1-gal. containers). Note: Attendees with recycle items receive a voucher to present at front gate for their discount. Limit: one discount per item/action, and one/person in each group. Info: www.denverzoo.org/visitors/events.asp.

Oct. 19—Denver Public Schools Middle & High School Expo
On Wednesday, Oct. 19, Denver Public Schools (DPS) is hosting the Middle & High School Expo for families to visit with principals, teachers and students from traditional, magnet and charter schools. The event will take place from 6:30–8:30pm at Infinity Park Event Center (4400 E. Kentucky Ave., Glendale). All families with children in grades ECE through 8th are encouraged to attend. Explore DPS school options. Learn about the new SchoolChoice enrollment process and access services such as Transportation, Gifted & Talented and Special Education. Interpreters available for language assistance. For more: 720.423.3414 or http://dpdk12.org/expo.

Oct. 22—Black Genealogy Heritage Fest Free Central Library Event
The Denver Black Genealogy Search Group (BGSG) presents Heritage Fest 2011, its ninth “Remembering the Past by Celebrating the Family,” on Saturday, Oct. 22, 10am–4pm. The free event features genealogy resource and information speakers, exhibits, displays and door prizes. BGSG brings together heritage seekers to learn genealogical techniques, encourage research and writing of family histories. BGSG has indexed African Americans interred at Riverside Cemetery 1870–2004, the Woodmen Insurance Registry 1901–1907, and Colorado Stateman funeral notices 1904–1954. Members have written family histories now in the Denver Public Library. The group meets monthly at Blair Caldwell African American Research Library and publishes a newsletter, Black Tracks. Heritage Fest location: Lower Conference Room, 10 W. 14th Ave. Contact: thomasentzminger@comcast.net; www.bgsgden.com or www.denverlibrary.org.

Oct. 31—Police Academy Hosts Free Family Halloween Event
Children 12 and younger and their families are invited to the Police Academy in Stapleton from 5–8pm on Monday, Oct. 31, to enjoy a free, safe, fun Halloween evening. There will be arcade games, a child ID booth, full-sized haunted house, and plenty of tricks or treats. The Police Academy is at 2155 N. Akron Way, across from Bill Roberts School. Anyone wishing to volunteer at the event, contact your District 2 Community Police Officers, Technician Reyes Trujillo at 720.913.1094, Reyes.Trujillo@denver.org or Technician Amy Esten at 720.913.1095, Amy.Estien@denvergov.org.

Through Feb. 2012—Design by Colorado Showcases Coloradov Designers at DIA
Now through February 2012, you and 52 million visitors passing through Denver International Airport (DIA) can see creative works by 20 of Colorado’s talented designers in the Charles Anderson Hall, located between Jeppesen Terminal and A Gates security screening. Walk from main terminal to A Gates through security and view the exhibit. Featured items promote Colorado’s strong creative sector of furniture, interior design, game/technology design, fashion, industrial/product design and graphic design. Sponsored by DIA’s Art and Culture Program, the Art & Venues Denver Create Denver initiative and Colorado Creative Industries, this kicks off the DIA 2012 Year of Design. A complete list of artists/businesses: www.designbycolorado.net.

OCTOBER 2011
19
November 2: Home for the Holidays Dine Out
Enjoy a special dine-out experience on Wed., Nov. 2, at select Denver-area restaurants and help the Colorado Coalition for the Homeless end homelessness for families and individuals this winter. Participating restaurants will donate a portion of their proceeds to the Coalition for community programs that include housing, life skills, job help and financial literacy.

Navajo St. Arts District, Tennyson St. Cultural District, RiNo, and more. See www.coloradocoi.com/events/dine-out-2011.aspx, with discounts, screenings and red carpet events. For activities: www.denver.gov/denverartswEEK.

Nov. 6: Puppy Up! Denver Walk and Festival
On Sunday, Nov. 6, the 2 Million Dogs Foundation will hold a two-mile walk in Stapleton’s Central Park to raise funds to discover common links between canine and human cancers and their causes through comparative oncology research. 2 Million Dogs began when a man with his two dogs walked from Austin, TX, to Boston, MA, inspired by the cancer death of his Great Pyrenees. Registration/check-in: 8–10am, opening ceremony and walk, rain or shine: 10am–2pm. Location: MLK Blvd. between N. Central Park Blvd. and N. Beeler St. Also: vendor booths, demonstrations, music, contests and food. $35/person day of registration. This is one of 30 Puppy Up! walks on Nov. 6 across the country. Info: http://2milliondogs.org.

Save $50 on a Cognitive Skills Assessment
Find the Root Cause of the Struggle and Fix It!
“Expires 10/31/11

Winterizing Trees & Shrubs
As the Northern Hemisphere begins to tilt away from the sun and the autumnal equinox heralds the start of our fall season, shrubs and trees can sense both the change in available daylight and our ambient temperatures. A biological clock inside each plant’s system compels it to begin preparing for the upcoming winter season. As the plants appear to be going dormant, they are actively conserving their micronutrients and water and getting ready for their next growth phase in the spring. These events not only deliver us a beautiful array of fall colors, but they also are a visible signal, if not an invitation, to lend a hand in the process.

During winter along the Front Range, plants face considerable swings in temperatures, wind chill and bouts with dehydration. The following winterizing tips will help trees and shrubs survive the winter and protect your investment:

1. Prune only decayed or deadwood.
2. Cut back low growing and drooping branches that could become heavy with snow and break off.
3. Remove all dead and diseased foliage.
4. Cut away all spores and shoots that emerged in the late summer around the base of trees and on branches.
5. If the soil around the plant has compacted, carefully aerate it. Avoid damaging shallow roots.
6. Per the manufacturer’s instructions, spread a light layer of tree-and-shrub-specific winter fertilizer around the base of your plants.
7. Lay down a 2-4 inch blanket of organic mulch, such as leaf compost, tree bark or wood chips around the plant. Avoid using mulch that packs down.
8. Wrap the trunks of young, thin-barked trees like ash, honey locust and maple with breathable tree wrap. This will protect the bark from dehydration, cracking from frost and sun scalding. The wrap should come off in April.
9. Snake young trees if they will be exposed to strong winter winds.
10. Water regularly up to the first fall frost. During the winter, if there has been no significant snowfall, you should water your trees and shrubs about once a month. Water when the average temperature will be above 40 degrees so as not to freeze the plant’s roots.

Tools needed might include sharp and clean pruning shears, hand saw, shovel, rake, work gloves, safety glasses and law bags or bin for collecting debris.

Before starting the project, take time to study up on your specific variety of shrubs and trees. Pay a visit to a neighborhood nursery to get advice from a local residential garden specialist. Colorado State University hosts a resource-filled website for the home gardener: www.ext.colostate.edu. Search: winter watering.
DPS Teachers Write Colorado History Books

By Carol Roberts

The DPS curriculum calls for teaching Colorado history, but DPS teachers found there was a limited amount of quality material at the 3rd- and 4th-grade reading levels. A group of DPS teachers, including three from Bill Roberts, solved that problem by attending workshops on book writing, then researching and writing 13 biographies on a diverse group of people who influenced Colorado's history. Colorado Humanities, a non-profit dedicated to convening literary, cultural and historical programs for children, helped implement and fund the effort.

In preparation for DPS' book-launching event, the Colorado Humanities' Young Chautauqua program sent their actors to Bill Roberts teacher Cheryl Beckwith's classroom to teach students to speak and act in the character of the historical figures. Nine students then dressed in period clothing and spoke with guests at the event as if they were the characters in the books.

A goal of this biographies project is to bring history to life for young readers, giving them an appreciation of the hardships overcome by these people from the past, knowledge of the time period in which they lived, and why their contributions were important. The books have been purchased for all DPS third grade classrooms.

The three Bill Roberts teachers' books reflect the diversity of historical figures selected for the biographies:


Another local teacher-author, E.E. Duncan of Montclair School of Academics and Enrichment, wrote two books: Helen Hunt Jackson: Colorado's Literary Lady, describes the novelist, poet and historian who was one of the best known authors of her time. Ralph Carr: Defender of Japanese Americans was the Colorado governor during World War II who took the bold position of defending Japanese Americans.

Native American history in Colorado is covered in two of the books: Little Raven: Chief of the Southern Arapahoe by Cat DeRose and Chief Ouray: Ute Chief and Man of Peace by Steve Walsh.

The entire series, called Great Lives in Colorado History, can be viewed and purchased on the publisher's website at www.filterpressbooks.com/catalog_c378817.html. The books are $8.95 each and are available in both English and Spanish. Each book has two front covers. By flipping the book over readers can choose either the English or Spanish version.

What is a Health Coach?

Someone who will help you improve your life from the inside out.

LESS STRESS • MORE ENERGY • WEIGHT CONTROL

SAND CREEK Nurseries, Inc.

"fall is for planting" fall sale starts September 1st 25% off all plant materials

come to the grower for expert guidance, a wide selection of quality plant material, or just a rural experience in your urban backyard...

fall hours: Monday through Friday 8:00-4:30 Saturday 8:00-1:00

1700 E. Smith Rd. Aurora, Co. 80011-720.343.1800

October 2011
The LEAGUE OF WOMEN VOTERS OF DENVER EDUCATION FUND, as a public service to promote civic responsibility, provides nonpartisan information about the issues that citizens will be asked to vote on in the November 1, 2011 election.

INITIATIVE 300
PAID SICK AND SAFE TIME
An initiative ordinance that will provide that all employees (full-time, part-time and temporary) when they become employed within the geographic boundaries of Denver earn one hour of paid sick and safe time for every thirty hours worked, limited to seventy-two hours in the case of businesses with 10 or more total employees and forty hours in the case of businesses with fewer than ten total employees, to be used for themselves or to care for a family member (related by blood, marriage, legal adoption or affinity) in case of illness, need for preventive care or domestic violence need, except that employees of new businesses with fewer than ten employees will not accrue paid sick and safe time until the business has been in operation for one year and under said ordinance ratification for use of paid sick and safe time will be prohibited and employers will be required to give notice to employees of their rights and keep records related to payment of paid sick time.

MAJOR PROVISIONS:
1. Requires that all employees em- ployed in Denver be provided, by their employers, a minimum level of seven days of paid sick and safe time to address their own health needs and those of their families.
2. Requires full time employees to accumulate up to twenty-hours of paid sick and safe leave annually limited with fewer than ten employees would be required to provide up to forty paid sick days and safe leave. Part time employees’ hours would be prorated.
3. Permits employees to use paid sick leave and safe days to care for family members in cases of illness, preventative care or domestic violence.
4. Permits employees to carry forward a total of seventy-two hours of paid sick and safe leave time from one calendar year to the next. Employ- ers would not be required to compensate employees for unused sick and safe time upon the employee’s separa- tion from employment.
5. Assigns the Agency for Human and Community Relations to make a d- ditions for the enforcement of this Art- icle to the Mayor in favor of:
   1. Paid sick days would make Den- ver a healthier place to live. 73% of Denver food service workers do not have paid sick days. Workers are forced to choose between going to work sick or staying home, rather than losing wages, putting every- one’s health at risk.
   2. Forty-one percent of Denver workers do not have paid sick days. Paid sick days will allow workers to stay home when they’re sick, reducing the spread of illness, without risking their fi- nancial security.
   3. Paid sick days would allow Denver workers to care for their sick children. Children recover from illnesses faster when a parent is able to care for them.
   4. Paid sick days are good for business. Because healthy employ- ees are more efficient and pro- ductive. By improving productivity and reducing turnover, paid sick days save busi- ness nearly $100 a year for each covered full-time worker.
   5. Paid sick days strengthen the economy by helping workers keep their jobs. Economists say job retention policies like paid sick days help reduce unemployment and strengthen the economy.

Website: www.painterdenver.com

With the establishment of this new ordinance employees can request a paid sick leave day at any time they feel they are sick. It’s a win-win for Denver’s economy and workers who are unable to take care of themselves.

Questions?
303.342.1653

You can’t control the market, but you can control your decisions.

Sometimes the market reacts poorly to changes in the world. But just because the market reacts doesn’t mean you should. Still, if current events are making you feel uncertain about your finances, you should schedule a complementary portfolio review. That way, you can help ensure you’re in control of where you want to go and how you can potentially get there.

Take control. Schedule your free portfolio review today.

In this poor economy, the last thing families and small businesses need is more uncertainty about their financial future. We value a robust public education system that can attract quality businesses and help us grow.

The fate of our students, our schools and our colleges are now being asked to do more with less. Denver families and local schools are forced to cut services, lay off teachers, and close schools and lay off teachers, hurting education services and the economy. Even before the re- cent budget cuts, Colorado ranked at the bottom for per pupil spending. The increased fees would also apply to come consumers the most because it would result in increased sales taxes in every grocery store, and corporations and a 3.4% increase in rates are not affected by this proposal. These increased rates are not affected by this proposal.

We’re just paying more for teacher salaries that will not improve student performance. We’re just paying more for teacher salaries that will not improve student performance.

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FTA Awards $1.03 Billion to RTD FasTracks

By Barbara Deadwyler, RTD District B Director

The Regional Transportation District (RTD) celebrated a major milestone on Aug. 31 when the Federal Transit Administration (FTA) awarded RTD a $1.03 billion federal grant for the FasTracks transit expansion program. This federal funding will help build the East Rail Line to Denver International Airport, the Gold Line to Arvada and Wheat Ridge, a segment of the Northwest Rail Line to Westminster, and the new commuter rail maintenance facility. All of these will open in 2016.

While this event, RTD culminates years of hard work to attract the $1.03 billion in additional federal funding for the FasTracks program. Through the FTA’s New Starts program, transit projects deemed the most qualified to receive federal funding are rigorously evaluated on a number of criteria, so this is a huge vote of confidence from the federal government in RTD and this entire region. It is also the highest award ever received by RTD and the largest award of its kind by the Obama Administration to date.

This program will create a large number of much-needed jobs for our local community. The Workforce Initiative New Start (WIN) Program, a partnership led by RTD in coordination with the Community College of Denver, Denver Transit Partners, and Urban League of Metro Denver, will help identify, assess, train and place community members into careers in transportation and mixed-use development projects, thereby growing the local workforce and strengthening the economy long-term.

Work already has begun on the East Rail Line through District B. We will see heavy construction beginning later this fall, with crews working to move some of the existing Union Pacific freight tracks to create the separation required between passenger and freight trains.

We are tremendously excited about this prestigious federal award, but challenges still lie ahead. The federal grant has been assumed as part of the FasTracks program funding, and we will still need additional resources to complete FasTracks sooner rather than later. The RTD Board is contemplating whether to ask metro area voters in November 2012 for a sales tax increase to complete FasTracks by 2020. Otherwise, the program will not be delivered until 2042, based on current revenue projections. In spite of a tough economy, we remain dedicated to completing the entire FasTracks program. We will vigilantly seek out every possible funding source and continue to work on creative strategies with regional partners. It is all a part of our plan to continue providing the best transit system in the country—for all of us today, and as a legacy for our future generations.
October 6—25 Schools Participating in Stapleton Education Expo

By Sophia Breigli, SUN Education Committee, SUNEducationCommittee@gmail.com

The winning kickball team, Team Spencer, was organized by a group of friends who raise money for their neighbor, Spencer, a nine-year-old who has muscular dystrophy.


New Day Acupuncture


Toll is gone but winter is closing in!

Office of the Stapleton Front Porch

New Scoop of Ice Cream, Get One 1/2 Off

Stapleton Recycling Event, Part Deux

By Caroline Batorowicz-Vernon, LEED AP

The winning kickball team, Team Spencer, was organized by a group of friends who raise money for their neighbor, Spencer, a nine-year-old who has muscular dystrophy.

From left to right, top row: Gregory Pond, Bryan Penny (SUN Board/Trustee), Tara Jefferson, Lisa Cowen, Rick Noll (SUN Sustainability Committee), Chris Curran, Travis Bischoff, Laura Baving. Bottom row: Vivian Chalker, Caroline Batorowicz-Vernon (SUN Board, Sustainability Chair).

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The proposed 2012 budget announced by Mayor Hancock on September 13 indicates that Denver Public Library (DPL) will not close any branches or further reduce service hours in 2012. The initial $2.5 million budget reduction target for the Library was partially offset by $1 million in temporary position vacancy savings. The 2012 budget includes a service expansion for the new Better Denver Bond-funded branch in Stapleton due to open in mid-2012. The DPL budget was approved by the Library Commission on September 21, and will be made official should City Council approve the proposed budget in November.

The proposal announced by Mayor Hancock would provide funding to maintain 2011 levels: 18 of the 23 branches will be open four days (32 hours) a week; four branches will be open six days (48 hours) a week, and one branch will be open four days a week and half a day (36 hours). The Central Library will open 52 weeks a year, with weekend hours from 1-5 p.m. In addition, the budget funds the new branch in Stapleton at a service level of 32 hours. City Librarian Shirley Amore points out that although they don’t have to further cut hours or close branches in 2012, “There is still a dire need to find a long-term sustainable funding solution to stabilize our budget and provide the best-possible service to the community.” She made a commitment that the Library will work in partnership with the City Administration and Denver residents to find a sustainable funding solution for the City’s libraries.

The minimum service standards set by the Library Commission call for branches to be open at least 60 hours per week, and Central Open at least 56 hours per week. More details about service standards can be found in the Library Commission White Paper, posted online: http://www.denverlibrary.org/budget.

Jen Morris is the marketing and communications manager for Denver Public Library.
Finding Efficiencies in City Government  

(continued from page 7) Edinger's work in safety over the past three years, multiple new and efficient systems are being implemented. Edinger describes the new system now in place to deal with pawn shop data. “Pawn shops around the city used to enter their data into their own stand-alone systems, then they printed out tickets and we picked them up—and then we keyed that data into our systems. Now they just transmit an electronic file and we just import it into our system.”

Mayor Hancock, while on City Council, observed Edinger's work in the Department of Safety and hired him into a newly created position of Chief Performance Officer to look for efficiencies throughout city government, both within and between departments. Edinger, who has an MBA, spent 10 years working on productivity and performance improvement in private businesses.

“What we don’t have in government is a profit motive,” says Edinger. “Businesses identify that if they can be more efficient, that’s going to increase their profitability and everybody is aligned around that motivation. What you get in government is, ’We’ve always done it this way and we want to get things done so let’s throw more resources at it so that we get faster or more accurate.’ They don’t see a problem with doing that, because as long as the money is there you can go ahead and do it.

“The budget crisis has created an extra catalyst. Instead of the profit motive, you can say, ’Look, if we can find a way for you to do what you do today more efficiently, that will free up money and resources and you can keep libraries open longer, or we can provide more government services to youth or at-risk populations at Denver Health.’

“In government, everybody can’t align around a profit motive but they can align around an ’opportunity cost’ motive of what we could be doing with these resources if we were able to free them up. It’s dollars—but they get moved to different places.”

Edinger says that over the next few weeks, they will be developing the framework that sets the priorities for the city with Mayor Hancock. And one of the priorities the mayor clearly articulated during the campaign was youth.

“It could be that we find a way to save $100,000 by turning off everyone’s computer at night and restarting them in the morning. That money might not go to Technology Services, which administers the computers in the city. It might go toward something entirely different, like free rec centers for the youth of Denver in the summertime.

Why would department managers want to do that?

Edinger explains that the expectation for department managers is not just to leave their departments as they found them, but to make them better year to year. “They’re part of a team and a team needs to operate around a shared set of values—and the mayor is articulating where his priorities are. In terms of the priorities, it’s things like investing more in our kids and creating a better customer experience for everyone who lives, works, and operates a business in Denver.”

Edinger lives in Stapleton with his wife Amy Mueller, who was formerly the deputy chief of staff for Mayor Hickenlooper and now works as director of government relations for Kaiser Permanente. The Edinger children are: fraternal twins Joe and Sam, age 17 months, Abby, 10, and Charlie, 7. Abby and Charlie both play soccer and attend Bill Roberts School. Although Edinger no longer plays soccer himself, he coaches Charlie’s team, the Superheroes.

United Training Center  

(continued from page 1) advanced and reputable flight training facility.

Opened in 1968, the Denver United Flight Training Center is a training arm of United Airlines. Not only does it support United employees and its fleet of 460 aircrafts, it also provides contract services, from aircraft repair to flight attendant, passenger and cargo pilot training, to hundreds of airline and government agencies from around the globe. Annually, as many as 6,500 pilots from as far away as China and Argentina, and from NASA and U.S. Air Force Two travel here to study. The center operates 363 days a year and nearly 24 hours per day.

The 610,000-square-foot complex is filled with classrooms and computer labs, a library learning center, flight simulators and emergency procedure training rooms. The buildings are also home to engineers, simulator technicians, IT specialists, training instructors, maintenance training instructors and many other organizations.

The Training Center is United’s sole pilot training facility. Initial flight officer training, annual, recurrent continuing education, and aircraft-to-aircraft transitional training are conducted here for the airline’s 6,366 pilots. The facility is also one of three U.S. training destinations for United’s flight attendants.

Twice every 18 months each United pilot is required to participate in two- or three-day customized recurrent training classes. They revisit aircraft-specific operating, safety and security systems and emergency evacuation procedures. Pilots also fly one of 23 state-of-the-art flight simulators that mirror United’s fleet. The multimillion-dollar simulators are housed in three-story bays. Instructors can recreate all of
Standing more than 20 feet above the floor, this multimillion-dollar Boeing 747-400 simulator and others in the United Flight Training Center are used by pilots from numerous airlines. The three-story bays located throughout the complex contain Airbus and Boeing simulators representing the passenger aircraft in United’s fleet. The center operates 363 days a year and nearly 24 hours per day, training as many as 8,500 pilots annually.

United’s 330 departure airports, including day or night settings, and with virtually all types of weather conditions. Their aim is to both reproduce the dynamic nature of flying an aircraft and create challenging scenarios for the pilots. On the cockpit’s windshield is a video display that gives the flight crew a panoramic view of the entire airport. While in simulated flight, the pilots experience the sensation of flying and can see the sky and detailed landscape below. Mounted on platforms with hydraulic legs, the ‘sim’ responds to a pilot’s exact commands. The simulators can move in six directions, replicating the plane’s full motion as if it were traveling through a severe electrical storm, experiencing an engine malfunction, or attempting to land in wind shear. For pilots who have been promoted or are transitioning from one aircraft type to another, the training period is far more comprehensive. They study for six weeks, six hours a day—with four of those hours in a simulator. Their training also includes supervised flight in an actual aircraft. Veteran United pilot, instructor and Stapleton resident Mark Lindelsee describes a typical training session. “Imagine a dark cockpit. The glare of instrument lights illuminates the faces of the crew as they scan their instrument panels. Surrounding them is the constant rumble of the engines and the feel of slight bumps of turbulence. They are comfortably flying six miles above the Atlantic during an overnight flight towards the east coast of Canada at 500 mph. Suddenly, there is a concussive explosion from the right engine, the whole airplane shudders, alarms ring, and red and yellow warning lights come alive. The crew’s eyes narrow and become focused as they assess the situation, then begin to react to the emergency situation as a synchronized team. Moments later, everything freezes. The instructor and flight deck crew step out of the Boeing 777 simulator, share a cup of coffee, and debrief how the event was handled.”

Flight attendants must be kept current with the operations of all of United’s aircraft. Their annual training consists of one day of remote computer-based learning, and a day of hands-on drills in classrooms, aircraft cabin mock-ups and staging areas located in auditorium-sized rooms. The operation of mechanical and safety equipment including aircraft doors, oxygen systems, fire extinguishers, life rafts and evacuation slides are reviewed. Flight attendants and pilots might even participate in an exhilarating trip down an inflated, 35+-foot-long slide of a 767. According to Cher Ruff, emergency procedures training instructor, “Federal Aviation Administration regulations expect a flight attendant crew from any passenger aircraft to evacuate all the passengers in less than 90 seconds. The added challenge is two unknown doors are blocked during the exercise. That includes a 777, with 400 passengers.”

The attendants also receive up-to-date passenger security, emergency diversion and medical training, including the practice of CPR on infants, children and adult manikins, and the use of automated external defibrillators. Cabin crew teams not only rely on their training, but also ground-to-air guidance from United’s in-house medical staff, and an on-call emergency medical facility based in Phoenix. “We are very proud to say that our attendants have saved 51 lives since 1999,” said Ruff.

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